

# Woman's Page

## How to Fight the High Cost of Living

Learn How to Cook and Keep No Extra Rooms—Save One Dollar a Week—Young Couple Not a Slave to Fashion—Their Future Home More Important—Be Charming—Beauty May Fade But Charm May Exist Forever—Recipes—How to Remove Gloss From Serge

### LEARN HOW TO COOK.

If you wish to economize have no extra rooms for company. When we were first married we took a five room flat at \$35 a month, and, having an extra bedroom, were always inviting our friends to stay overnight. I began to think this was extravagance and watched the papers and rented my room to a young man who paid me \$22 a month for the room and six dinners a week (we were not at home on Sundays), and I made this amount run the table and had nice meals, too. Then learn how to cook. I learned at the eastern night schools, as, being a business woman, my days were occupied. This was both enjoyable and instructive and solves the great question of the day. If housekeepers are not cooks much must be wasted and spoiled. I watch the sales and buy groceries in quantities, always having a well stocked pantry. Now is the time to buy sugar cheap. When apples are cheap, I put up plenty of apple sauce for breakfast. Instead of using grapefruit as formerly, varying with prunes, oranges, bananas. When I buy squash, which is too much to be used in two meals, I steam it all and what I do not wish to use right away I seal in a jar. It is a good and cheap vegetable.

Then waste not the slightest particle of food. Everything can be used. Stale bread should be dried out on radiators, rolled into crumbs and kept in a cracker box on the radiator—also crackers and flakes—then they are always crisp. The crumbs can be used for anything fried, filling out croquettes of meat or vegetable. Use a thick white sauce instead of egg for rolling croquettes in. I use crumbs for a half dozen kinds of bread puddings, escalloped dishes, etc. I use a small oven over one gas burner and always cook two or more articles at the same time, thus saving gas. I like company and invite my friends to drop in to dinner any time, and there

are always plenty, and I take pride in having a presentable table at all times. They come and enjoy their dinner more particularly because they know I have not fussed for them. I use the cheaper cuts of meat and have learned to make these just as tempting as the more expensive ones. Learn to cook and waste not is the secret. R. C. O.

### SAVE \$1 A WEEK, SURE.

When we were married two years ago last December my husband and I did not know the true worth of a dollar. Consequently at the time of our marriage we were not provided with any of this world's goods. Would like to tell what experience has taught me in the way of reducing the high cost of living. My husband receives a salary of \$25 a week. We have a neat little four room flat in a desirable location for which we pay the sum of \$15 a month, which is an exception, I think. We generally have one roast and one boiled dinner each week. Each one furnishes us with a meal for the next day, that my husband and I are very fond of. Always with the roast I bake either two pies or one cake and potatoes. I use a thin dish pan to heat all my dish water in, which heats much quicker than one of heavier material. We find these things reduce our gas bills. To keep my gas stove bright and clean I take a piece of old underwear and dampen with kerosene (once a week) and rub all parts briskly. This also prevents it from rusting. We now own all our furniture, which is neither cheap nor real expensive. We dress plainly but well and are not slaves to fashion. We care more for our future home than what people think of our clothes. We have made a practice of laying away \$1 a week in a small savings bank that we have. We have another deposit in which we put away other sums that we can spare. But we always save the \$1 a week. L. R. A.

### RECIPES.

Spanish Chicken and Rice—Cut up chicken for frying and fry in a little lard with sliced onion and tomatoes and Spanish sweet peppers. Cut the peppers in half. Put one pound of rice in one quart of chicken broth or water, add chicken, onions, peppers as cooked above, and simmer altogether until rice is soft, and almost dry. Take the peppers out, dish the meat, and serve with the pepper laid on top for a garnish. Salt to taste and send to table very hot. —D. A. R.

Lemon Apple Pie—Three lemons, three large apples, three eggs. Squeeze juice from the lemons and grate the rind of one and one-half. Chop the peeled and cored apples, add the lemon juice and grated rind, and stir in one and two-thirds cups sugar. Beat the eggs and one-third cup sugar light, stir all together, and bake with two crusts. This will make three small or two large pies.—M. E. L.

Gloss on Serge—I have three serge skirts, and as I sit all day my skirts become shiny within a few days. I have tried ammonia, soap, and water, fine sandpaper, and gasoline, but they still remain in the same condition. Is there any possible way to remove the shine?—E. H. D.

The best thing that one can hope to do with a "shiny" piece of cloth is to dull it temporarily. After a little wearing the garment will again shine. Sponge your skirts with bluing water, such as is used to "blue" white clothes in the laundry. While still damp press through thin muslin. Another way to remove the objectionable gloss is to sponge with hot vinegar, then with ammonia.

Still a third method is to rub the surface very gently with emery cloth. Repeat this treatment when the "shine" returns to the fabric.—S. A. A.

### BE CHARMING.

The art of arts—to be beautiful, signifies not so much mere beauty as it does the collective charms of spirit and wit, pleasing manners, graciousness, lightness of step, color of health upon cheek and lip, and above all kindness.

The beauty of charm does not alone rest upon a youthful fresh complexion, a slim body nor a brilliant education. A woman may possess all of these gifts and accomplishments, and at the same time be so indifferent to the feelings of her acquaintances that her rudeness stands as a barrier

against any appreciation of her beauty that they might have had. Who has not in memory a woman having no uncommon share of beauty, but full of the joy of living, healthy, buoyant, always hopeful and happy, who never lost her power of charming; full of captivating humor and friendliness even to a great age. Beauty as a sign of health, harmonious development and fine feeling may well draw our eyes after it, and in this view is not beneath any woman's regard. The time has come for a finer civilization, which will realize finer health, longer life and richer delight than the world has yet known. The first step toward this will be an awakening to the value of health and life.

The first duty of religion is to secure perfect health; the purity of spirit depends upon it.

For centuries it has been written that "obedience is better than sacrifice," yet we fail to obey the laws of self-preservation, which insure life to those who prize it and beauty to women who value it more than life.

We have already seen the average of human years raised from 17 to 45—and the world will yet see that age doubled and tripled, and the comeliness of youth preserved with it.

Human sympathy is the greatest beautifier. The power of one woman, by virtue of good humor and inborn instinct, to set society playing harmoniously, leaves a pleasant impression on every creature with whom she has speech.

Dissect the charm any way you like, make many words about it, you will never come nearer the secret than it is nature's fine magic, only not like magic, transferable.

Remember, the blessed truth is that as beauty may exist for awhile without charm, charm may exist forever without external beauty.

### WELCOME NEWS FOR OGDEN PEOPLE

Ogden people who have stomach and bowel trouble will be glad to hear that the mixture of simple buckthorn bark, glycerine, etc., known as Adler-Lika, can be obtained at A. R. McIntyre, Druggist, 2421 Washington Ave. It has been found that JUST A SINGLE DOSE of Adler-Lika usually relieves sour stomach, gas on the stomach and constipation QUICKLY because this simple new mixture drains off such a surprising amount of old foul matter from the body. (Advertisement.)

## GUARDED BY DETECTIVES

Millionaire Bixby's Long Beach Residence Is Surrounded by a Cordon of Officers Who Prevent Entrance to Palatial Home—Will Testify Today

Los Angeles, April 28.—George Bixby, the Long Beach millionaire, whose whereabouts have been a mystery since last Monday, when he was subpoenaed as a witness in the so-called white slave investigation, returned to his ranch home near Long Beach Sunday, according to his attorneys. A cordon of private detectives around the palatial country residence of the millionaire, however, prevented all attempts to confirm the report.

Bixby is expected to appear in court today in answer to a bench warrant issued when he failed to appear last Wednesday at the preliminary hearing of Mrs. Josie Rosenberg, who is charged with having conducted a disorderly resort.

## DEER SWIMS INTO A CITY

Full Grown Animal Enters Spokane By Way of River—Caught at Lumber Yard and Presented to the City Park

Spokane, Wash., April 28.—Taking advantage of the high water in the Spokane river, which greatly facilitated progress down stream, a full-grown "mule" deer galloped into the yards of a lumber company at the edge of the Spokane business district.

After shaking his downy tail the animal proceeded to cast about for a breakfast appropriate to the conclusion of so perilous and difficult a journey. Whether it was instinct or the fact that his keen hearing warned him of danger ahead, something impelled the deer to leave the stream, at the lumber mill. Had he kept on 400 yards down stream he would have

been dashed to death on the rocks below the biggest cataract in the west.

Workmen at the mill discovered the unusual visitor, and, after a chase among the lumber piles, finally ran him into a blind alley and caught him.

The animal was presented to the park board and has joined the zoo lodge at Manito park. He has been given the name of John P. Reardon, in honor of the man who effected his capture, and who is undoubtedly the first human being to get within speaking distance of the deer.

The deer is of the "mule" variety and is different from any of those now in the Manito park zoo. It is a cross between the black and white tails and has unusually long ears, which fact has given rise to the name by which the species, a native variety, is known.

The animal has a deep cut on the neck, caused probably by contact with a rock in one of the rapids above the city, but the wound is not at all serious.

How far the deer traveled in the icy water is a matter of conjecture, but it is believed his trip began in the neighborhood of Coeur d'Alene lake, 30 miles from Spokane.

## DOG MOURNS MAN'S DEATH

Canine Hangs About the Church While the Services Over the Body of His Late Master Were Being Held

Glendive, April 28.—In a futile effort to find his master, Frank Shelton, who died in the city last week, a little fox terrier dog visited the Congregational church last Sunday ran aimlessly among the pews, climbed upon the rostrum and whined pitifully in its disappointment at being unable to locate the one he loved so well. Following the death of Mr. Shelton, who was a retail liquor dealer, funeral services were conducted in the Congregational church, and it is said that the little dog followed the remains to that place.

No notice was then taken of the little animal's presence, but on last Sunday morning when Rev. Mr. Juell was about to begin his sermon he noticed the dog running about the room and requested that it be removed lest the services be disturbed. This was done, but a few minutes later the animal reappeared, trotted about the place and mounted the platform near which the body of its master had reposed four days previously.

Throughout the entire day the dog hung around the church, reappearing inside at the evening services in its fruitless quest. It was not learned until that time to whom it had belonged. As far as known the animal had never been at the church previous to the funeral of Shelton.

Read the Classified Ads.

## FLIGHTS BY THE AIRMEN

Guillaux Completes 1,000-Mile Trip From Biarritz, France, to Kollum, Holland—Aviators Racing to Warsaw—Elimination Contest in Germany

Kollum, Holland, April 28.—A flight of more than 1,000 miles by aeroplane was completed here today by the French aviator Ernest Francois Guillaux.

He made only two stops during his flight from Biarritz, in the extreme southwest of France, which he left yesterday morning, descending to replenish his fuel at Bordeaux and Villa Coublay.

The entire trip was made in a little more than 22 hours, the aviator leaving Biarritz at 4:22 a. m. Sunday, and reaching this city before day-break today.

Racing at Warsaw. Villa Coublay, France, April 28.—Two aviators started from the aerodrome here this morning for Warsaw, Russian Poland, in competition for the \$1,500 Pommery cup.

Edmund Demars, the Swiss aviator, ascended at 4:39 a. m. and was followed one minute later by Leon Le-tort, the French aviator. They intended to fly by the way of Berlin to their destination.

Elimination Race. Dresden, Saxony, April 28.—Of seven spherical balloons which started last evening between 6:12 and 6:49 o'clock from this city in the elimination race to determine the choice of the German representatives in the Gordon-Bennett international race which is to take place next fall in France, four were reported at 4 o'clock this morning as in the vicinity of Copenhagen, Denmark. All were proceeding in a northwesterly direction over the North sea.

### FEDERAL TROOPS ADVANCE ON REATA

Washington, April 28.—Reata, south of Monclova, stronghold of the Carranzista forces, has been occupied by Huerta troops under General Lopez, according to official dispatches by way of Ciudad Porfirio Diaz. The federalists are reported to be in force preparing for immediate advance on Monclova.

The federal troops on Coahuila are regarded as an indication that the forward movement promised by Huerta is now in progress.

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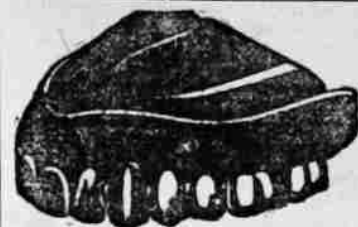
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Special Dinner . . 25c  
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We have the largest van in the city. Quick service. Moving, shipping and handling planes. Prompt freight deliveries. Furniture moving a specialty. Storage at reasonable rates.

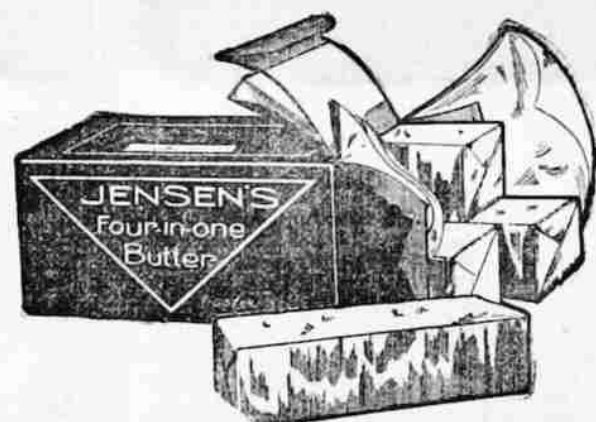
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Loin Pork Chops, Per Pound, 17 1/2c



## A Change in Name

Hereafter Jensen's Peerless Butter will be known as Jensen's FOUR-IN-ONE Butter. Public comment compelled this change. The name Peerless appealed to us. It implied a butter without a peer. And the butter itself was all the name implied.

But the public's choice of name differed from ours. With the public the four-print pack, the name "FOUR-IN-ONE" originated. This name gained ground so fast that we had to adopt it. Now Jensen's Peerless Butter will be known as—

**Jensen's FOUR-IN-ONE Butter** (Registered)

The Butter itself will not be changed. It will still be the very highest quality. And the quality will never vary.

The package design and color will be retained. The only change will be the name.

We suggest that you commence the use of Jensen's FOUR-IN-ONE Butter at once.

You will enjoy its delicate flavor and creamy richness.

And the four-print pack is a feature you'll approve of.

Any grocer will gladly supply you with Jensen's FOUR-IN-ONE Butter.

**Jensen Creamery Company**  
--Ogden



An odd shade of gray, verging on mauve, was used in this suit. The coat is of plain serge and the skirt of a loosely woven novelty cloth, with broken stripes in the same gray, but slightly darker.

One side of the skirt is draped up in the back with a row of five flat pearl buttons for trimming. Similar buttons appear in the coat with corresponding buttonholes made of black satin. The girdle is also black satin and shows at each side. Vest front and collar are of ivory white moire.

The season is now opened up for Rubber Heels at the **OGDEN SHOE REPAIR FACTORY**, Rubber heels, 35c.

All kinds of shoe repairing done while you wait. All work guaranteed and neatly done at 323 24th St.

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